

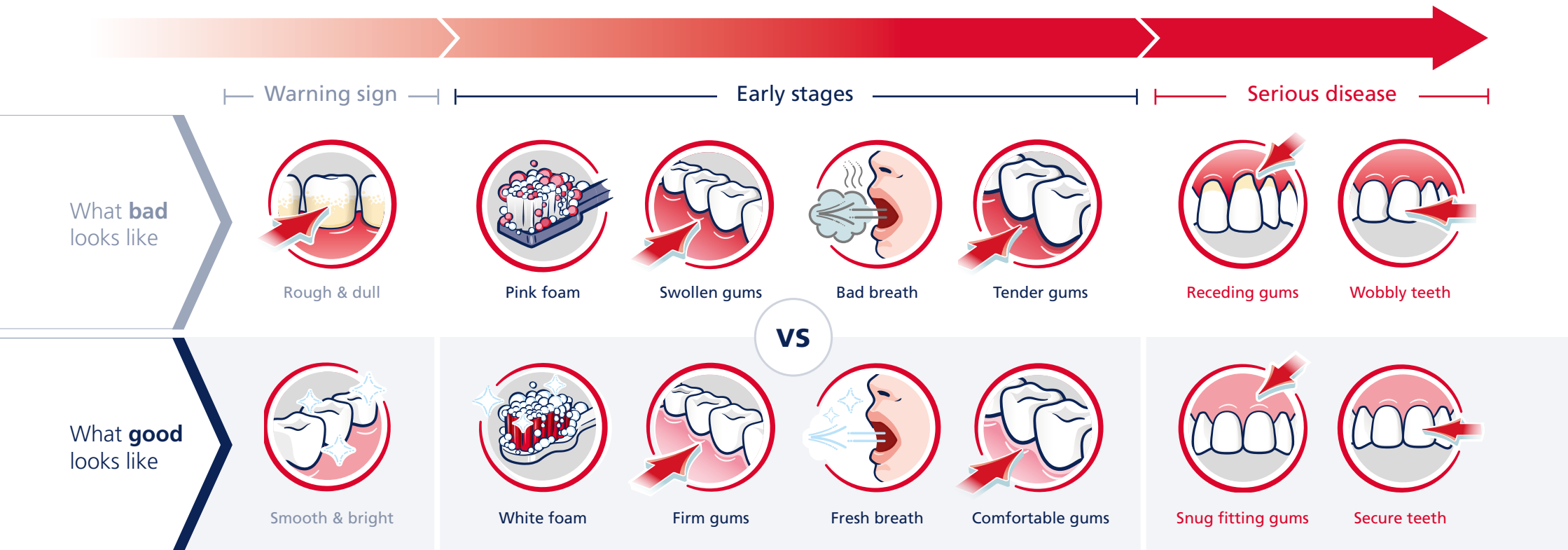
KNOW THE SIGNS

8 out of 10
people show signs
of gum disease¹

?
TRUE
or
FALSE

<p>“ Bleeding gums are caused by brushing too hard ”</p> <p>✗</p> <p>False: Usually this is a sign you're missing areas when brushing</p>	<p>“ Gums always recede with age ”</p> <p>✗</p> <p>False: It can be a sign of gum damage or bone loss</p>	<p>“ Brushing should be comfortable ”</p> <p>✓</p> <p>True: Gum tenderness can be a sign of disease</p>
---	---	---

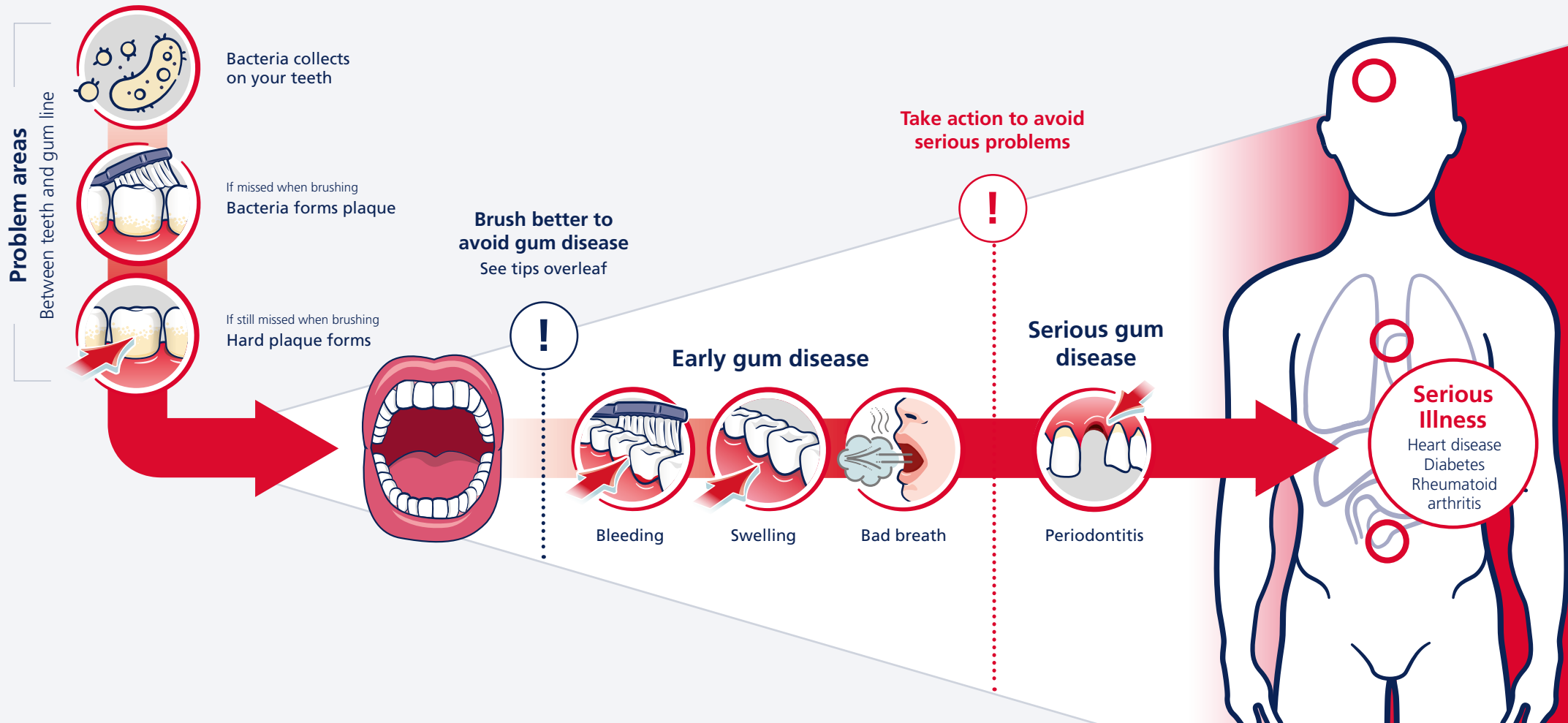
THE PATH TO GUM DISEASE



GUMS MATTER

GUMS ARE THE GATEWAY TO YOUR BODY

Don't give bacteria an easy route in. Brush thoroughly to prevent plaque build up and keep your body's vital barrier healthy



HEALTHY GUMS

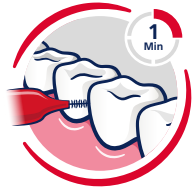
THE POWER IS IN YOUR HANDS

Get your gum health back on track with just a few simple daily steps



Two for two

Brush twice a day for two minutes and follow our 'Brush better' tips



Mind the gap

Clean between teeth with an interdental brush or floss



Arm yourself with the tools for success

Brush
Use a small brush, ensuring bristles aren't splayed



Toothpaste
Choose a toothpaste that cares for your gums*



Mouthwash
Your dentist may recommend a specialist mouthwash

HAPPY MOUTH, HAPPY YOU

With small simple steps every day you should feel better and have healthier gums in no time



Greater freedom to enjoy the food you love



More comfortable gums



Improved social confidence

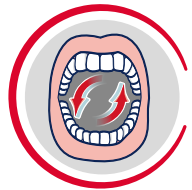
BRUSH BETTER

Follow these better brushing tips and feel the difference



Get the gums

Tilt brush into the edge of gums



Have a system

One area at a time



Motion matters

Short circular movements



Reduce the pressure

Slight bend in bristles



TOP TIP:
Brush your tongue or use a tongue scraper

REDUCE YOUR RISK OF GUM DISEASE & OTHER ILLNESSES

*with twice daily brushing.

1. Petersen PE, Ogawa H. Periodontol 2000. 2012 Oct;60(1):15-39. Trade marks are owned by or licensed to the Haleon group of companies. PM-GB-CSYL-24-00127

Brought to you by

CORSODYL